

**BEST PRACTICES IN PHYSICAL AND HEALTH EDUCATION**  
**University of Wisconsin-River Falls**  
**July 24-26, 2006**

Name

Professional Title

School/Company

Mailing Address ☐ Home ☐ Work

City/State/Zip

Phone

E-mail Address

**Pre-conference Workshop Fees (select one)**

- ☐ 21<sup>st</sup> Century Nutrition Education - WAHPERD Members \$50, Nonmembers \$60  
☐ FITNESSGRAM - WAHPERD Members \$75, Nonmembers \$85

**Best Practices Conference Fees**

- ☐ WAHPERD Members \$50 ☐ Nonmembers \$60

**For planning purposes only, please indicate which breakout session you are likely to attend:**

- ☐ Elementary Education ☐ Secondary Education ☐ Health Education

To register by credit card, please provide the following:

☐ Visa ☐ MasterCard Card number Exp. Date

Cardholder Name (please print)

Expiration Date

Cardholder Signature

*This gives UW-River Falls authorization to charge the registration fee to the above card.*

**Cancellation and Refund Policy**

No refunds will be issued after July 12; however, substitutions for registrants will be accepted.

Register and pay online by going to <http://www.uwrf.edu/ogs/registration> and selecting “Best Practices” or mail the registration form and your check or money order to:

COEPS Noncredit Outreach  
UW-River Falls  
103 RDI  
410 S. Third Street  
River Falls, WI 54022

**Space is limited.**  
**Register today!**

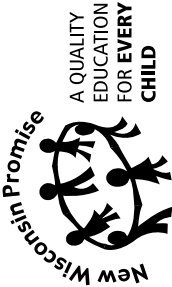
All registrations received by June 16, 2006  
will be entered in a prize drawing.

**COEPS Noncredit Outreach**

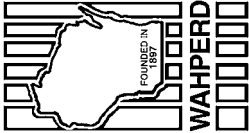
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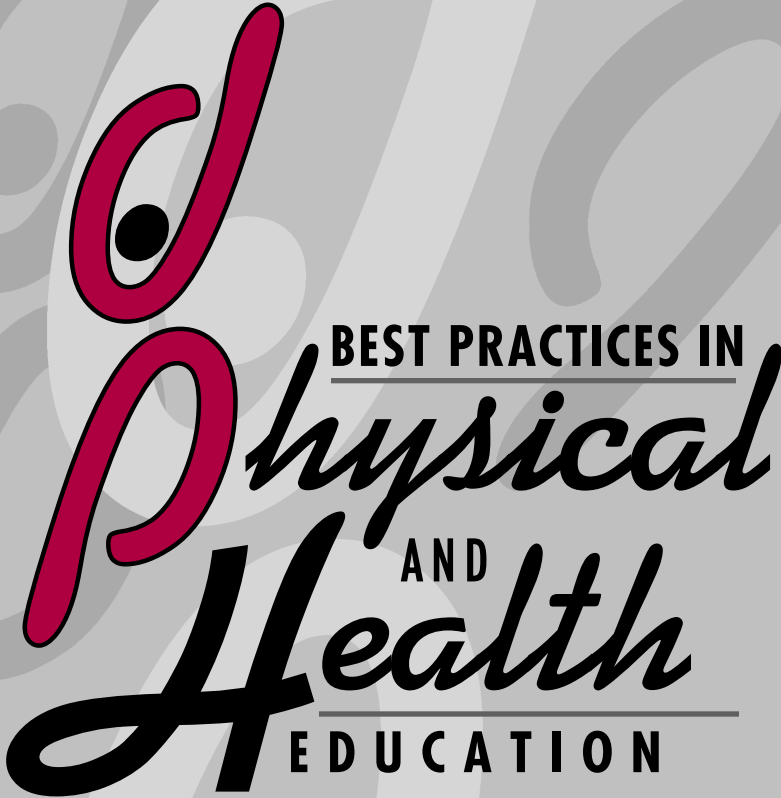
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UNIVERSITY OF WISCONSIN -RIVER FALLS  
July 24-26, 2006

Health and Human Performance Department, College of Education  
and Professional Studies  
Outreach and Graduate Studies

# BEST PRACTICES IN PHYSICAL AND HEALTH EDUCATION

Join colleagues and industry experts for a unique professional development opportunity. Sharpen your talents as an educator with an assortment of best practices that you can immediately apply in your classroom.

## Accessible

The UW-River Falls campus is conveniently located 30 minutes east of the Twin Cities in the St. Croix River Valley. On-campus and off-campus lodging is available.

## Knowledgeable

Physical education and health education faculty and professionals will present the latest information in physical education and health education practices. Small groups ensure that your questions can be addressed.

## Useful

Workshop topics are specifically tailored to meet your needs as an educator. Select breakout sessions from three tracks; Elementary PE, Secondary PE and Health Education.

## Schedule at a Glance

### Monday, July 24

7:30-8:30 am **Registration and Continental Breakfast**

8:30 am-3:30 pm **Pre-conference Workshop** (includes lunch)

### Tuesday, July 25

7:30-8:30 am **Registration and Continental Breakfast**

8:30 am-3:30 pm **Pre-Conference Workshops** (includes lunch)

### Wednesday, July 26

7:00-7:30 am **Registration and Continental Breakfast**

7:30-7:45 am **Conference Opening and Welcome**

7:45-8:20 am **Keynote: The Way It Should Be: Health and PE in the 21<sup>st</sup> Century**

9:30 am-12:15 pm **Morning Breakout Sessions**

Elementary PE Track

Secondary PE Track

Health Education Track

12:15-1:00 pm **Lunch**

1:15-4:30 pm **Afternoon Breakout Sessions**

Elementary PE Track

Secondary PE Track

Health Education Track

## Pre-conference Workshops

Select one

### 21<sup>st</sup> Century Nutrition Education

Monday and Tuesday, July 24-25

8:30 am – 3:30 pm

Understand the new nutrition standards and effectively implement them in a nutrition education program that is age-appropriate for your students.

*Presented by Karen Kedrowski and Monica Owsicheki, Wisconsin Department of Public Instruction.*

### FITNESSGRAM

Tuesday, July 25

8:30 am – 3:30 pm

Explore the components of FITNESSGRAM, an online, evidence-based fitness test that enables schools to perform quality fitness assessments, physical activity assessments and much more.

*Presented by John Kading, WAHPRED.*

## Conference

Wednesday, July 26

### 7:30-7:45 am Opening and Welcome

Hear findings and strategies from the PE Pro files and Elementary PE Surveys conducted by the Department of Public Instruction.

*Presented by John Hisgen, WI Department of Public Instruction.*



7:45-8:20 am **Keynote: The Way It Should Be: Health and PE in the 21<sup>st</sup> Century**

Challenging kids to change their lifestyles can ignite an entire community into thinking preventive health. See how a nationally recognized physical education program has gone beyond the classroom walls to energize and educate its citizens.

*Presented by Rick Schupbach, PE4Life Institute, Grundy Center, Iowa.*

## Morning Breakout Sessions

Elementary Education Track

### 8:30-9:45 am Character Development and Physical Education for the Elementary PE Teacher

Discover ways to build an emotionally supportive learning environment in Elementary PE.

*Presented by Don Glover, UW-River Falls.*

### 10:00-11:15 am PE ALA CARTE with NASPE Flavor, Part I

Look at creative strategies connected to the national standards.

*Presented by Rosie Sylvester, Green Bay Schools.*

Secondary Education Track

### 8:30-9:45 am High Energy Aquatics

Find out how to bring fitness into your pool activities.

*Presented by Sue Grosse, Milwaukee Public Schools.*

### 10:00-11:15 am Character Development and Physical Education for the Secondary PE Teacher

Discuss team-building skills and strategies for the secondary PE teacher.

*Presented by Don Glover, UW-River Falls.*

Health Education Track

### 8:30-9:45 am Two-Minute Videos

Explore how to use video clips to teach important health concepts.

*Presented by Cristy Jefson, UW-Whitewater.*

### 10:00-11:15 am Teaching the Skill of Decision Making

Learn interactive ways of teaching this standard.

*Presented by Cristy Jefson, UW-Whitewater.*

11:30 am -12:15 pm **Lunch**

## Afternoon Breakout Sessions

Elementary Education Track

### 12:30-1:45 pm Use of Technology to Improve Your Physical Education Class (sponsored by POLAR)

Apply the latest technology strategies to improve the delivery of physical education.

*Presented by Rick Schupbach, PE4Life Institute, Grundy Center, Iowa.*

### 12:30-1:45 pm More PE ALA CARTE with NASPE Flavor, Part II

Look at more creative strategies connected to the national standards.

*Presented by Rosie Sylvester, Green Bay Schools.*

### 2:00-3:15 pm C'Motion

Find out what all of the talk is about when the computer revolution connects with physical activity.

*Presented by Tony Benitez and Brian Goodmanson, C'Motion Inc.*

### 3:30-4:30 pm CATskiers

Bring cross country skiing into other seasons with this dynamic device and incorporate it into your curriculum.

*Presented by Dale Niggerman, CATskiers.com*

Secondary Education Track

### 12:30-1:45 pm When Small-sided Games are Not Enough: Using Tactics in PE Instruction

*Presented by Cindy Albert, UW-Eau Claire and Sue Tarr, UW-River Falls.*

### 2:00-3:15 pm Adventure and Wilderness Education

Find out creative teaching ideas in this important content area.

*Presented by Lisa Larson, West Allis Hale High School.*

## Earn Credit

Workshop participants may earn graduate or undergraduate credits from the University of Wisconsin-River Falls. Tuition is in addition to workshop and conference registration fees and credit registration materials will be required.

## Lodging

Both on-campus and off-campus housing is available at an additional expense. Contact (715) 425-3256 for more information.

### 3:30-4:30 pm Deck Tennis

Learn about this exciting game you can do in your physical education class.

*Presented by Lori Peterson, UW-LaCrosse.*

Health Education Track

### 12:30-1:45 pm "Bagging It" In Health Education

Discuss creative strategies in teaching health education.

*Presented by Steve Lyga, Cochrane Fountain City High School.*

### 2:00-3:15 pm DPI's New and Improved Sticks and Stones Bullying Prevention Curriculum.

See the curriculum in action and receive a free copy.

*Presented by Jon W. Hisgen, DPI Health and PE Consultant.*

### 3:30-4:30 pm Websites for Health Education

Find out the best sites to use in health education.

*Presented by Lisa Larson, West Allis Hale High School.*

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